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utahsafetycouncil.org



MEMBERSHIP



OCCUPATIONAL



TRAFFIC



EMERGENCY
CARE



HOME &
COMMUNITY



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FIRST AID, CPR AND AED TRAINING WITH ONLINE OR IN PERSON COURSE OPTIONS

Click here for more information about Emergency Care safety training courses

QUICK LINKS



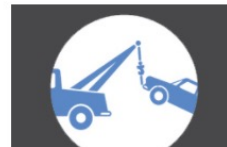
DEFENSIVE DRIVING COURSE



ONLINE DRIVING COURSE



YOUNG DRIVER TRAFFIC COURSE



Training Calendar



Email Subscription





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MEMBERS ONLY WEBSITE →

OCCUPATIONAL SAFETY

TRAFFIC SAFETY

EMERGENCY CARE SAFETY

HOME & COMMUNITY SAFETY

Membership Services

[Home](#) / [Membership](#)

OVERVIEW **CATEGORIES & BENEFITS** APPLICATION/RENEWAL OUR MEMBERS SAFETY AWARD APPLICATIONS

Categories & Benefits

Allow us to provide one complete resource for your safety and health needs. With three different levels of membership there is something for everyone. We invite you to discover the value and benefits of membership today!

Training Calendar



Members Only Website



General Membership

Join with over 900+ organizations and companies that partner with the Utah Safety Council to help them with their safety and training programs. [Discover the Benefits.](#)



Contributing Membership

You will receive all of the benefits that the General Membership has to offer and these [additional benefits.](#)



Sustaining Membership

You will receive all of the benefits that the General and Contributing Memberships

Free Safety Courses

Membership provides several free occupational training courses. These courses provide valuable basic training that any sized business would benefit from. These courses are free for one to two people, per member organization, per membership year. [Log into the Members Only section of the website to register for these classes.](#)

- **OSHA 10-Hour Course** (1 attendee): Choose from either the 1910 [General Industry](#) or the 1926 [Construction Industry](#). The OSHA Training Institute will issue course completion cards to each student.
- **Member Appreciation Events** (2 attendees): The Utah Safety Council will host member appreciation events throughout the year. - [Learn More](#)
- **First Aid, CPR and AED Training** (1 attendee): This course provides participants with the most up-to-date First Aid, CPR and AED training specifically focused on medical emergencies in the workplace. [Click here for the course schedule.](#)



Training Guide

Advanced Safety Certificate

Principles of Occupational Safety & Health
Fundamentals of Industrial Hygiene
Safety Management Techniques
Safety Training Methods
Ergonomics: Managing for Results
Incident Investigation: A Management Approach
Job Safety Analysis
Safety Inspections
Team Safety

Certificate in OSHA Compliance

OSHA 10-hour Outreach Course for General Industry OSHA
10-hour Outreach Course for the Construction Industry
OSHA 30-hour Course for Construction Industry
OSHA 30-hour Course for General Industry
OSHA Compliance Series: Confined Spaces
OSHA Compliance Series: Crane & Hoist
OSHA Compliance Series: Electrical Safety
OSHA Compliance Series: Exit Routes, Emergency Action
Plans and Fire Prevention Plans
OSHA Compliance Series: Fire Protection
OSHA Compliance Series: Hazard Communication with
GHS OSHA Compliance Series: Machine Guarding
OSHA Compliance Series: Record-keeping
OSHA Compliance Series: Slips, Trips, & Falls
OSHA Compliance Series: Welding, Cutting and Brazing

Occupational

Advanced Safety & Health Management Systems
Behavior Based Safety
Start With Safety Seminar Series
Confined Space Safety for the Competent Person
Fall Protection for the Competent Person
Fire Extinguisher Training On-Site Course
Focus Four Hazards in Construction
Forklift Operator
Forklift Operator Refresher On-Site
Forklift Trainer
HAZWOPER 8-hour Refresher Course
HAZWOPER 40-hour Initial Training for General Site
Workers NFPA 70E Electrical Safety
Personal Protective Equipment to Occupational
Qualified Signal/Rigger Course
Reasonable Suspicion Drug & Alcohol Compliance Training
for DOT Supervisor
Risk Management
Safety Leadership and Responsibility
Safety Management Systems: Strategies for Business
Scaffolding for the Competent Person
Seguridad 101
Trenching and Excavation for the Competent Person
Workplace Violence Planning & Management On-Site

Refinery

Basic Orientation Plus (BOP)
Contractor Safety Orientation (UITC)
BOP Refresher for Refinery Safety- *Computer Lab*
Refinery Site Specific Safety Training - *Computer Lab*

Emergency Care

Advanced Wilderness First Aid
AED Breakfast Seminar Series
Bloodborne & Airborne Pathogens
Coaching the Emergency Vehicle Operator Ambulance
CPR & AED Training
Emergency Medical Response
First Aid, CPR & AED Instructor
First Aid, CPR & AED
First Aid

Traffic

Alive at 25 Young Driver
Online Seatbelt Safety
Defensive Driving (DDC-4)
Defensive Driving: Instructor Development
Defensive Driving: Professional Truck Driver Course
Tow Truck Certification
Traffic Safety Seminar Series

MSHA

MSHA 8-hour Annual Refresher for Metal/Non-Metal &
Coal Surface Miners
MSHA 8-hour Annual Refresher for Metal/Non-Metal &
Coal Underground Miners
MSHA 16-hour New/Inexperienced Metal/Non-Metal &
Coal Surface Miners
MSHA 24-hour New/Inexperienced Metal/Non-Metal &
Coal Surface Miners
MSHA 32-hour New/Inexperienced Metal/Non-Metal &
Coal Underground Miners
MSHA Experienced Miner Training for Metal/Non-Metal &
Coal Surface Miners
MSHA Experienced Miner Training for Metal/Non-Metal &
Coal Underground Miners
Part 46 MSHA 8-hour Annual Refresher
Part 46 MSHA Experienced Miner Training
Part 46 MSHA 24-hour New/Inexperienced Miners

Not a complete course listing, additional training
available upon request. Most courses are instructor
led in a classroom and/or taught in a web-based
format. Training is also available on-site, at the
requesters location.

Training in the *Computer Lab* is by appointment only
as there is limited seating;
please call or email to reserve space.

Site Specific Safety Training is available for
refineries throughout the United States; please call or
email to verify refinery curriculum availability.



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BUCKLE ↑ 4 ♥

Buckle Up For Love aims at reducing the number of child motor vehicle injuries.

If you observe an unrestrained child in a moving motor vehicle call

800.887.KIDS

with the following information:

- Utah license plate number
- Vehicle description
- Date/Time/Location

For more information call 801.746.SAFE (7233)



The Utah Safety Council
Offers **FREE** car seat checks
by a certified technician

Car crashes are the leading cause of death among children. Child safety restraints play a major role in preventing a serious injury in a car crash.

Over **70%**
of car seats are
installed or
used
incorrectly



TAKE SAFETY HOME

BUCKLE UP FOR LOVE

HOME & COMMUNITY FAIRS

Safety Observance Calendar

Home & Community Safety

Home / Programs / Home & Community Safety

OVERVIEW

TAKE SAFETY HOME

BUCKLE UP FOR LOVE

HOME & COMMUNITY FAIRS

Take Safety Home

One out of 29 people in the United States are disabled one full day or more by unintentional injuries received in the home. Disabling injuries are more numerous in the home than in the workplace and motor-vehicle crashes combined. The Utah Safety Council is focusing more of its efforts on educating the community about off-the-job safety.

Top Five Leading Causes of Unintentional Home Injury Deaths

Take Safety Home

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Top Five Leading Causes of Unintentional Home Injury Deaths

- [Poisoning](#)
- [Falls](#)
- [Choking & Suffocation](#)
- [Fire, Flames or Smoke](#)
- [Drowning](#)
- [General Home Safety Resources](#)

Together, these causes account for the deaths of seven people every hour and 67 percent of all injury related deaths in the United States. Unfortunately the number of these deaths have been steadily increasing since the year 2000. According to the National Safety Council, injuries in the home and community setting cost \$350.3 billion annually. *Source: National Safety Council Injury Facts Publication 2015 ed.*

The Utah Safety Council is encouraging everybody to Take Safety Home!



Poisoning

Poisoning – particularly from overdoses of over-the-counter, prescription and illicit drugs – has surpassed falls to become the nation's second-leading cause of unintentional death, after motor-vehicle collisions. Over 300 children are treated in an emergency department daily in the United States. It is also the leading cause of unintentional deaths in adults aged 25-64. Poisoning is the fastest-rising cause of accidental death in the United States. - [Learn More](#)



Falls

Over 1,600,000 people are treated in emergency department visits each year as a result of fall in the home and community. - [Learn More](#)

Home Safety

[Home](#) / [Programs](#) / [Home & Community Safety](#) / [General Home Safety](#)

General Resources

In Utah, 52 percent of all unintentional deaths occur in the Home and Community! Affecting people of all ages. The Utah Safety Council is encouraging all Utahns to Take Safety Home! Download and share these resources today.

General Safety

- [Basement or Utility Room Hazards](#)
- [Garage and Driveway Hazards](#)
- [Home Exercise Equipment Safety](#)
- [Home Safety Checklist](#)
- [Is it Flu or a Cold?](#)
- [Keeping Watch in Your Neighborhood](#)
- [Kitchen Safety Checklist](#)
- [Knife Safety](#)
- [Off-the-Job Eye Protection](#)

Child Safety

- [Babysitting Tips for Parents](#)
- [Bathroom Safety](#)
- [Got a Sick Kid?](#)
- [Keeping Kids Safe in the Summer](#)
- [Playground Safety](#)
- [Safe at Home](#)
- [School Bus Safety](#)
- [Toy Safety](#)

Emergency Preparedness

- [Are you Prepared for a Power Outage?](#)
- [Ready Your Business](#)
- [Ready Your Family](#)

Recreational Safety

- [Bike Safety](#)
- [Cooking Outdoors](#)
- [Develope a Safe Exercise Program](#)
- [Hiking Safety](#)
- [Play it Safe Outdoors](#)
- [Ski & Snowboard Safety](#)
- [Sports & Recreations Safety](#)

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A motor vehicle crash occurs in Utah about every 10 minutes.

[REGISTER FOR LIVE COURSE](#)[REGISTER FOR WEB-BASED LIVE COURSE](#)[ONLINE DEFENSIVE DRIVING COURSE](#)[FREQUENTLY ASKED QUESTIONS](#)[SEATBELT COURSE](#)

About Defensive Driving

[Home](#) / [Programs](#) / [Traffic Safety](#) / [Defensive Driving](#)

The National Safety Council's Defensive Driving program offers practical strategies to reduce collision-related injuries and fatalities. It addresses the importance of attitude in preventing crashes, and reinforces good driving skills. Most importantly, DDC shows students the consequences of the choices they make behind the wheel, and puts defensive driving in a personal context. No other driver training program has a higher rate of success in reducing the severity and frequency of collisions for its participants than the National Safety Council's Defensive Driving Course. Study after study has shown that drivers who participate in the Defensive Driving Course average fewer collisions and fewer driving arrests than drivers who do not take the course. Offered locally through the Utah Safety Council, this course has set the standard in the industry for over 40 years, and continues to improve driver behaviors. Please register for the course beforehand.

Benefits of attending include:

- Attendees can receive up to **50 points off of their Utah driving record** after completing the course. **Cost: \$50.00**
- This course also qualifies for the Approaching Emergency Vehicles, required live course. **Cost: \$50.00**
- Most insurance companies offer those over 55 years of age a reduction in their automobile insurance when completing this course. (Please contact your insurance company to find out if this is an option). **Cost: \$10.00**

Traffic Safety Resources



Online Seat Belt Course

[ONLINE SEATBELT COURSE](#)

- Distracted Driving Quiz
- Distracted Driving Video
- Driving Down Distractions
- Safe Driving is a Full Time Job
- Sample Distracted Driving Policy
- Distracted Driving Video
- Lost Dream Video
- Multitasking Quiz

Seat Belt Safety Resources

- 5-Minute Safety Talk: Seat Belts
- Seat Belt PowerPoint
- Buckle Up Poster
- Ideas that Encourage Seat Belt Use
- Sample Seat Belts Policy
- Seat Belt Poster
- Seat Belt Poster: Prevent Injury
- Seat Belt Quiz
- The Truth About Seat Belts
- Buckle Up Video

Aggressive Driving Resources

- 5-Minute Safety Talk: Aggressive Driving
- Aggressive Driving PowerPoint
- Are You an Aggressive or Friendly Driver
- Be a Friendly Driver
- Road Rage Video

Drowsy Driving Resources

- 5-Minute Safety Talk: Drowsy Driving
- Drowsy Driving PowerPoint
- Don't Drive Drowsy
- Drowsy Driving Poster
- Drowsy Driving Quiz
- Get Home Safe: Fight Drowsy Driving
- Drowsy Driving Video

Impaired Driving Resources

- Alcohol Free Drink Recipes
- Impaired Driving: A Sample Safety Talk
- Myths and Facts About Alcohol and Drugs
- Safe Super Bowl Sunday Tips
- Sample Policy for Drug and Alcohol Use

Personal Driving Resources

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Streaming Safety Videos

[Home](#) / [Media Library](#) / [Streaming Safety Videos](#)

Stream a safety video at your next meeting.

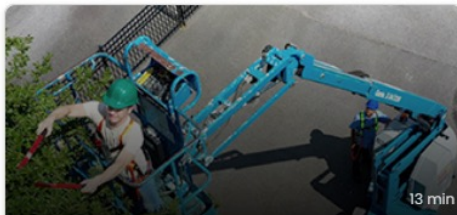
Membership with the Utah Safety Council includes access to our Streaming Safety Video library of over 600 titles with more being added each month. We have partnered with The Training Network to provide this service.

Some benefits of streaming our safety videos include:

- Unlimited viewings
- Easy download access
- Convenient
- Supplemental Quizzes and leader's guides*



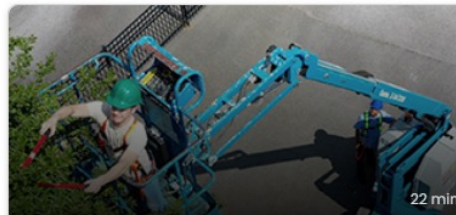
Currently the primary contact for each member company is set up to access the Streaming Safety Videos. If you would like access to this service or have questions, please contact the Membership Manager at 801.746.SAFE (7233) or email safety@utahsafetycouncil.org.



Mobile Elevating Work Platforms: Safe Use and Requirements - Concise

Use this new program to train your employees on the just-released ANSI A92 Mobile Elevating Work Platform Standard! To better protect ...

2020 / 13 min / SKU: 4919 + 4919-S / English & Spanish



Mobile Elevating Work Platforms: Safe Use and Requirements

Use this new program to train your employees on the just-released ANSI A92 Mobile Elevating Work Platform Standard! To better protect ...

2020 / 22 min / SKU: 4918 + 4918-S / English & Spanish



Warehouse Safety: The Basics

Warehouses play a critical role in our economy. They tend to be fast-paced and busy environments which can give rise to many different ...

2019 / 11 min / SKU: 4334 + 4334-S / English & Spanish



Scissor Lifts Safety

Accessing high places can be difficult in many work environments. To reach these areas, many workers use scissor lifts. Nearly ...

2019 / 8 min / SKU: 4330 / English



Conflict Resolution in Industrial Facilities (2019 Update)

In a workplace, conflicts that are handled appropriately can be a source of innovation and ...

2019 / 13 min / SKU: 4252 / English



Workplace Harassment in Industrial Facilities (2019 Update)

Employees have a right to be treated with respect and dignity while they're on the job. But ...

2019 / 13 min / SKU: 4254 + 4254-S / English & Spanish



Manual Pallet Jack Safety

This Manual Pallet Jack Safety course discusses the hazards that can be associated with pallet jacks and the safe work practices and ...

2019 / 18 min / SKU: 4250 + 4250-S / English & Spanish



Loading Dock Safety

This Loading Dock Safety course reviews the different types of hazards that employees can encounter while working on loading docks ...

2019 / 16 min / SKU: 4249 + 4249-S / English & Spanish



Motorized Pallet Truck Safety

This Motorized Pallet Truck Safety course discusses the hazards that can be associated with walkies and walkie riders, and explain ...

2019 / 17 min / SKU: 4251 + 4251-S / English & Spanish

QUIZ

"HEAT STRESS"

PRESENTER'S COPY...WITH ANSWERS

1. True or False?... To replace the fluids that you lose when you are sweating, you should try to drink from five to seven ounces of liquid every 15 to 20 minutes.
☒ True ☐ False
2. True or False?... In hot conditions, we can rely on our natural thirst to get us to drink enough liquids to replace the water we lose by sweating.
☐ True ☒ False
3. True or False?... Heat cramps are most likely to appear in the muscles of the calf, thigh and shoulder.
☒ True ☐ False
4. True or False?... If we don't make a point of replacing the water and vital minerals that are lost when we sweat, we can develop heat-related illnesses.
☒ True ☐ False
5. True or False?... Heat-related illnesses reduce the levels of vital minerals in our body.
☐ True ☒ False
6. True or False?... It can take from 5 to 10 days for your body to get used to working in an extremely hot environment.
☒ True ☐ False
7. True or False?... While sunglasses may make you look "cool", they do not really make you feel any cooler.
☐ True ☒ False
8. True or False?... The different types of mechanical cooling equipment that are used to reduce temperatures inside a facility are called "engineering controls".
☒ True ☐ False
9. True or False?... Air conditioning can be built into a facility or used locally in windows or as freestanding units.
☒ True ☐ False
10. True or False?... If you are working outdoors, you should position a portable air conditioner unit so that the exhaust is directed away from the building.
☐ True ☒ False



HAZWOPER - Heat Stress

In 1976, the U.S. Environmental Protection Agency (EPA) issued the Resource Conservation and Recovery Act (RCRA).



Heat Stress in Construction Environments (2019 Update)

For workers who are outdoors in the summer or workers who are indoors in a hot workplace such as a warehouse or factory.

f i l y o u t u t a h s a f e t y c o u n c i l

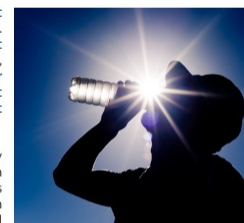
Safety Fact Sheet



Our Emergency Care Training Programs focus on hands on practice and repetition. How your employees respond before help arrives could make a difference between life and death.

COPING WITH HEAT STRESS

Whether you're working or playing outdoors, hot humid weather can be more than uncomfortable. Unchecked exposure to heat 90 degrees Fahrenheit and above can result in illnesses such as rashes, cramps, fatigue, strokes, and even death. No matter what your reason for being out of doors, at work or at play, using these common sense tips can help prevent you from becoming a "hot number" this summer.



Drink plenty of water before, during and after any physical activity. Water is the best fluid to replenish your body. Be aware that alcohol and beverages containing caffeine (colas, iced teas, coffee, etc.) can dehydrate your body. Even though you may not feel thirsty, your body may be dehydrated.

Pay close attention to weather reports and, if possible, adjust your schedule accordingly. Try to do the most strenuous tasks in the early morning or evening when temperatures are cooler. It is best to avoid being in the sun between the hours of 10 AM and 3 PM. Allow yourself time to adjust to the hotter weather.

Wear light colored, loosely-woven cotton clothing. The light color reflects the sun and the natural fabric allows for air circulation. Wearing a wide brimmed hat can help keep you cool as well. Be sure exposed skin is protected with a sunscreen of SPF 15 or above.

When working outdoors be sure to take frequent breaks out of the sun in shady, cool areas.

Utah Safety Council logo

Help Profile

COURSES CATALOG REPORTS ADMINISTRATION

Topics > Safety > Workplace Safety > Heat Stress & Hypothermia

Heat Stress (2019 Update)

2019 / 14 min / SKU: 3661 / English

The body is a powerful machine, capable of performing massive amounts of work. And like any machine, when it's pushed hard, your body can produce a lot of heat. Whether you're outside under a hot sun, inside a busy factory, or bundled up against the cold, you need to be careful when your body heats up. This program reviews the hazards of getting overheated, how employees can avoid heat-related illnesses and what they should do if a coworker suffers from heat stress.

Topics covered include:

- Heat and the body's cooling system
- Understanding heat-related illnesses
- Treating heat-related illnesses
- Preparing to work in hot environments
- and more!

Course Materials

3661-Course-Material.zip

Play Video

Name	Type	Compressed size	Download
330_Heat_Stress_ANS_EN	Microsoft Word 97 - 2003 ...	9 KB	N
330_Heat_Stress_ANS_EN	Adobe Acrobat Document	104 KB	N
330_Heat_Stress_BLK_EN	Microsoft Word 97 - 2003 ...	8 KB	N
330_Heat_Stress_BLK_EN	Adobe Acrobat Document	104 KB	N
330_Heat_Stress_CRT	Microsoft Word 97 - 2003 ...	7 KB	N
330_Heat_Stress_CRT	Adobe Acrobat Document	207 KB	N
330_Heat_Stress_LOG	Microsoft Word 97 - 2003 ...	8 KB	N
330_Heat_Stress_LOG	Adobe Acrobat Document	9 KB	N
330_Heat_Stress_PG	Microsoft Word 97 - 2003 ...	35 KB	N
330_Heat_Stress_PG	Adobe Acrobat Document	452 KB	N
330_Heat_Stress_SCH	Adobe Acrobat Document	12 KB	N
330_Heat_Stress_SCH	Microsoft Word 97 - 2003 ...	8 KB	N





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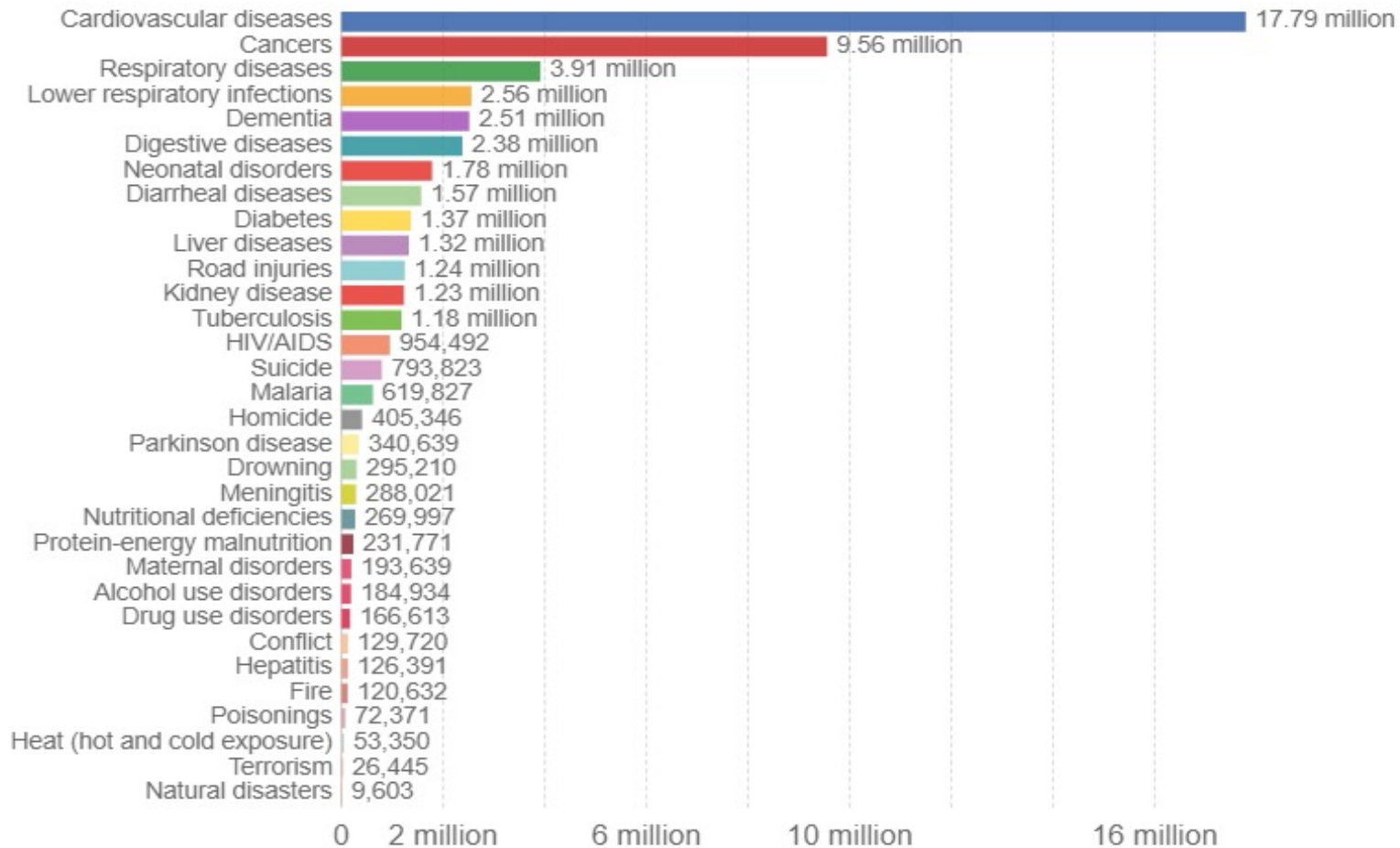
HOME &
COMMUNITY

Automated External Defibrillator



UTAH
SafetyTM
COUNCIL

2017 Deaths - Worldwide



Source: IHME, Global Burden of Disease

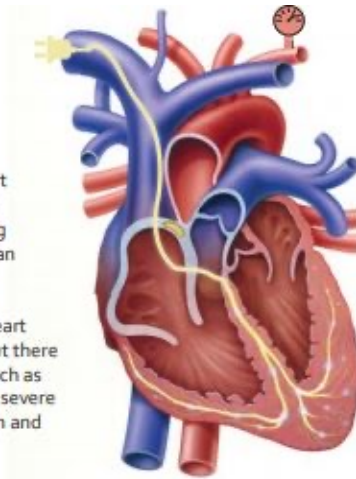
OurWorldInData.org/causes-of-death • CC BY



What is the difference between heart attacks and SCA?

SCA: **'An electrical problem'**

SCA is different from heart attack. While heart attack is described as a 'plumbing problem', SCA is more of an 'electrical problem' that prevents the heart from functioning effectively. Heart attack can lead to SCA, but there are many other causes, such as congenital abnormalities, severe heart failure, electrocution and drug overdose.



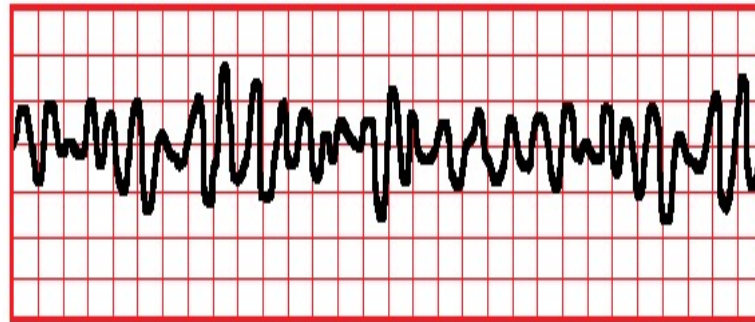
Heart Attack: **'A plumbing problem'**

Heart Attack (the medical term is myocardial infarction or MI) occurs when part of the heart's blood supply is reduced or blocked, causing the heart muscle to become injured or die. The person is awake (conscious) and may complain of one or more of the signs and symptoms of heart attack.

The heart normally has a rhythmic beat causing the blood to move around the body in a consistent predictable way. When some one has SCA heart muscles begin contracting out of sync or quiver without contracting.

SCA and Ventricular Fibrillation: A Heart in Chaos

- Abnormal; irregular, very fast heart rhythm
- Heart can't pump blood effectively
- Victim:
 - Unresponsive
 - Not breathing normally
 - No signs of circulation
- *Only* definitive treatment for VF: *Defibrillation*



Sudden Cardiac Arrest

350,00-450,00 people die of Sudden Cardiac Arrest each year

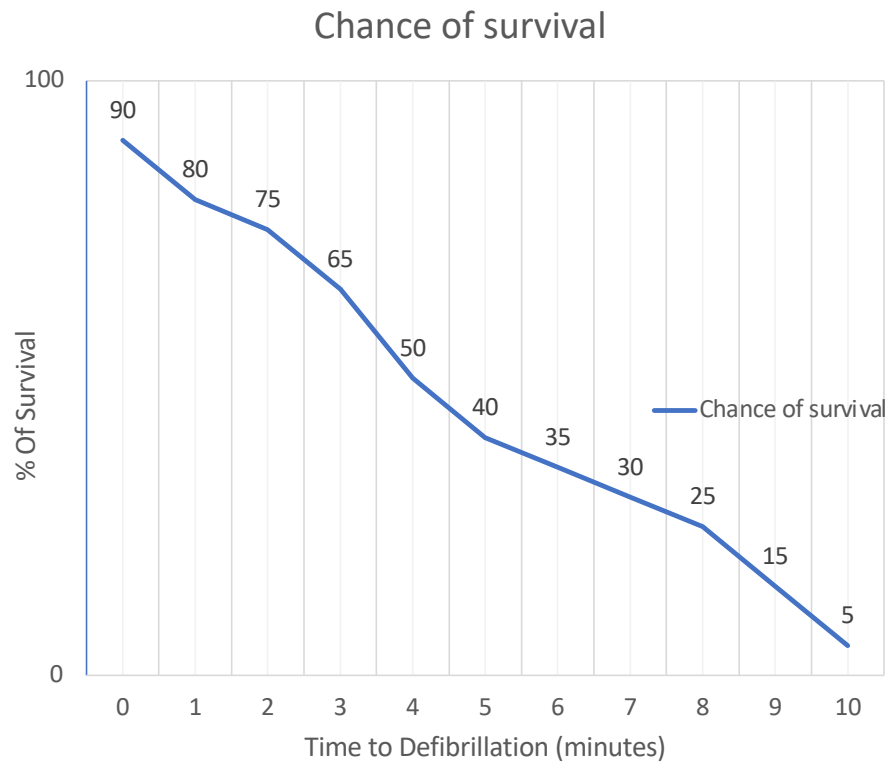
Similar to TWO jumbo jets colliding in the air EVERY single day!

9,000-12,000 of those are children ranging from age 13-18

80% of which happen outside of the hospital



Sudden Cardiac Arrest Time Line



Typical EMS response time

- 30-seconds: to identify situation
- 1-minute: to call 911
- 30-seconds: for them to dispatch EMS units
- 30-seconds: Responders get to their units
- 5-minutes: Travel to location
- 2-minutes: to unload equipment and get to patient
- 1.1-minutes: to assess patient/apply defibrillator/ deliver shock

TOTAL Time- 10.60

What's the best AED?

- Closest one to me
- AEDs Save lives
- Don't say NO to saving life
- MAKE A DIFFERENCE.

“Don't tell me what your priorities are. Show me where your spend your money and I'll tell you what they are.” –James Frick



All AED Brands





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